Techniques & Training for 110m HH
Three parts of 110HH.

- Start/drive phase.
- Transition to hurdling and back to sprinting.
- Running between the hurdles.
Start.

- Block start/drive phase to 1\textsuperscript{st} hurdle. Too tall will stall acceleration.

 Holding drive phase too long will create problems at 1\textsuperscript{st} hurdle.

- Create proper angles needed to combine drive and hurdle phase.
Transitions.

- Manage center of mass through the hurdle.
- Arms reflect what happens to hurdle motion.
Sprinting.

- Maintainance of speed between hurdles.
- Try to limit the deceleration through the race.
Warm-Up and Drills

- Jog
- Movement warm-up (active warm-up)
- Hurdle walk-overs
- Can-cans
- Walk-overs
- Backward walk-overs
- Fence Drills
- Lead leg
- Trail leg
1 Step Drills

- Hurdles are 3’ ft apart
- Hurdles are at lowest height
- Approx. 5-7 hurdles
- Fast motion, feet land almost simultaneously
- Fast rebound off the ground
- Limited time in the air
- Exaggerate the motions
3 Step Drills

- Hurdles are 6’ 6” ft apart
- Hurdles are at competition height or one height below
- Approx. 5-10 hurdles

Looking to attack each hurdle
Good body posture in relation to hurdle
Lead with the knee
Limited time in the air
5 Step Drills

- Hurdles are on regular 110m marks
- Hurdles are at competition height
- Approx. 5-10 hurdles

Good body position

Exaggerate lead leg knee first

Fast motion, feet land almost simultaneously
Workouts

- Blocks over 3-5 hurdles
- Standing start over 12-14 hurdles, either 3 or 5 steps
- Blocks over #1,2,3, 5 steps (11.5m) then continue over #4,5
- Speed training on the flat
- 80m on flat or with low hurdles
Types of Hurdle Workout

- 1. Hurdle Drills
- 2. Speed Training
- 3. Race Simulation
Hurdle Drills

- Fence Drills
  - Lead and Trail
- Walk Overs
- Hurdle Stretch
  - Hip flexor
- Skip a hurdle
- Turn hurdling (12m apart)
Speed Hurdling

- Hurdle Distance (space between hurdles)

- Hurdle Height

- Examples:
  - Running over 4-6 hurdles at one foot close and 3 inches down
Race simulation

- Run over 5/6 hurdles from blocks.
- Usually with other athletes (can use sprinters to simulate comp.)
- Keep hurdles 1 foot close, but go to regular height.
- Full recovery between runs, you never run the race fatigued.
Speed Improvement

- A skip
- B skip
- Tape Drills
- Seated arm drill
- 30-30-30 drill
- High knee drill on dots
- Sled pulls
- Heel to butt with small hurdles
Plyometrics

- Single leg hops, over small hurdles
- Hurdle Maze
- Depth jumps
- Speed bounding on one leg (running on one leg)
- Stadiums
Power Training

- Sled pulls, mostly light weight, as we want it explosive!
- Resistance work with resistance belt
- Hill runs
- Overspeed work on slight decline, not overspeed (injuries)
Outside of Practice

- Diet
- Hydration
- Body weight
- Sleep
- Flexibility
- Rehab/Prehab
Tips!

- Body position into hurdle
- Body position off hurdle
- Repetition Repetition Repetition Repetition!!!
- Limited time in the air
- Drills!
- Speed hurdling
- Hurdle 1/2/3 feet close
Common Mistakes

- Flat trail leg
- 3 stepping too early
- Drilling on only one leg
- Bad body position in relation to hurdle
Recovery

- Rest or recovery days
- Usually have two a week (Wednesday/Sunday)
- Cold tub
- Massage
- Cool down
Off Season Training

- Become technically efficient and strong in the Clean, Snatch, Squat, & Lunge
- Train the core (abs, low back, hips) through use of med ball and stability ball circuits
- Use the off season to perfect any deficiencies and imbalances individually with each athlete
In Season Training

- A lot of the same exercises used, just done in a different fashion.
- The Snatch & Clean are still focused while the Lunge & Step Up replace the squat as the major leg strengthening lift.
- As the season progresses workouts become almost pre-hab in nature, making sure the athlete works out through a full range of motion explosively.
- Workout should not be so hard as to take focus off the track. Speed, technique, and precision on the Track are number one priority.
- Core is still trained through the use of Medicine balls and Stability Balls.